B	I	N	G	O
Some people like me and some people don't	Even if someone irritates me I can control my own reactions	I am not my illness	It's not that great but there are worse things	I'll be glad I did it when this is over
I am just as important as other people	Not everything will go my way and I can live with that	It's hard but I can deal with it	Even when I don't succeed it doesn't mean I am a failure	It's not fair but it's not the worst thing either
My values are no less important than anyone else's	Sometimes I jump to false conclusions	**FREE**	Failures and mistakes are a part of life	I can slow down and think about what I need to do
I don't have to do everything perfectly	Maybe it's not on purpose and they're not against me	I would rather get what I want but I don't have to	I can agree to disagree	I've been in worse situations and I know things can get better
I am not the cause of everything that happens	I am good at some things and not so good at others	It's not as terrible as it seems right now	This is uncomfortable but I can get through it if I take slow deep breaths	I am loved even though I don't feel I am right now

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B	I	N	G	O
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